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Sources of Strength

Hortonville High School

Sources of Strength, Hortonville

- **Breanna Wozniczka**, Band Director and Sources of Strength Advisor
- **Natalie Gatien**, Senior Peer Leader, Link Crew and SWAP Member
- **Lauren Laughlin**, Senior Peer Leader, Link Crew and SWAP Member

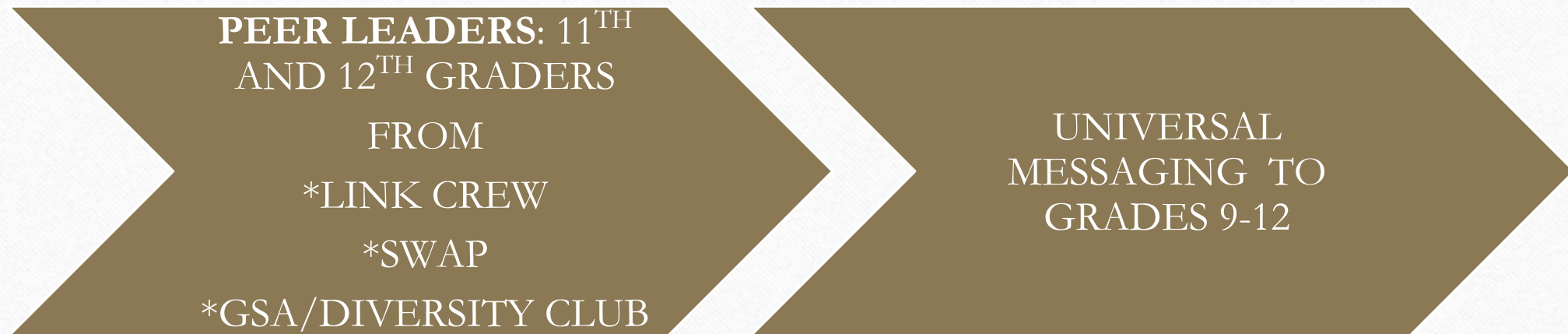
Why did you choose Sources?

- <https://dpi.wi.gov/news/dpi-connected/mental-health-video>
- Concerning YRBS data
- Student tragedies
- SAMHSA recognized / evidence-based
 - <https://sourcesofstrength.org/discover/evidence/>
- Universal component of our comprehensive E3 program

E3 Program Engage, Educate, Empower

- Sources of Strength (Universal Level)
- Screener (4K – 12) (Tier 2)
- On-site therapy (Tier 3)
 - <https://www.hasd.org/e3/>

What grades are part of your District Sources?



How long have you been doing Sources?

- 6 years
 - **Year 1:** National Trainer for Adults and Peer Leaders, mostly adult-driven
 - **Year 2:** National Trainer for Adults and Peer Leaders, partly student-driven
 - **Year 3:** National Trainer for Adults and Peer Leaders, training designed by HHS, completely student-driven
 - **Year 4:** Breanna and Kevin (Advisors) trained in Denver, blessed to run adult and student trainings for our district, student-driven, leadership teams established
 - **Year 5:** Same as year 4
 - **Year 6:** COVID-19, Breanna and Kevin run only student trainings, very abbreviated, adult-led, student-driven

How much
time does it
take to get
a team up
and
running?

- It depends. You get out of Sources what you put in. It can be supplemental and be absorbed by what you are already doing, or it can be the fore-front and completely envelop your school culture.
- Our program is all-encompassing. It comes up in daily conversation, we have an entire wall devoted to visuals for our campaigns, our counselors use the wheel when speaking to a student who is struggling, and we run universal campaigns multiple times per year.

What
outcome data,
if any, do you
have?

- According to 2019 YRBS data,
 - 87% of HHS students have at least one adult that they could turn to, other than their parents
 - 10% of students had seriously considered suicide (down from 12.8% in 2016)
 - 19% of students reported feeling sad or hopeless almost every day (down from 23% in 2016)
- According to preliminary survey data in 2020, 2.5 times the number of students over last year are self-advocating and reaching out for support

Typical Year

- Adult Training (Summer)
- Student Training (full day in September. New leaders-full day, returning leaders-afternoon)
- Roll Out/Re-Introduction Campaign (introduces the wheel, mission statement, reminds students of programming)
- January/February (specific strength campaign identified by peer leaders or student body data)
- End of year celebration (traditionally a Color Run and The Day of Resilience: local speakers presenting on how resiliency has played a part in their lives)

Once your team is trained, how much time do you have to devote to the school year to keep it running?

- Adult training builds capacity in our building. Adults who are trained are asked to live out and teach with the Sources Mission in mind, but our Coordinators run the program.
- We have three coordinators (FTE Teachers) who are also advisors to Link Crew and SWAP. Coordinators have a common planning time everyday (every other this year). Time is much more important than compensation, but one advisor is assigned an overload and two advisors each get a stipend.

What is
one thing
you would
like to
highlight?

- **Natalie:** Gives leaders a voice, student-driven. Messages coming from other kids go over way better than from adults.
- **Lauren:** Sources takes away the stigma about talking about mental health. The Sources of Strength Program is integrated into our whole culture.
- **Breanna:** Sources of Strength gives schools a basis. It is completely up to you/your district to form it into what you need. From year one to now, we have seen a complete shift in our school culture. Students and adults are kinder and more understanding of mental health issues and of other people in general. Sources has given a voice to our students about a topic that we all need to be thinking more about. Our data supports our work, but we still have a long way to go.